



## Infographics

Approximately 30 million children and adults have diabetes in the United States. Out of that number, nearly 95% have type 2 diabetes. Sadly, the problem is even greater for minority and ethnic populations. See the infographics below to learn about diabetes within these communities.

To guide and support individuals with type 2 diabetes, the Association is offering a free 12-month program called Living With Type 2 Diabetes. The program, available in English and Spanish, provides information and offers free guidance to help people learn how to manage diabetes at regular intervals throughout the year-long. People can enroll into this free program by visiting [diabetes.org/type2program](http://diabetes.org/type2program) (<http://diabetes.org/type2program>), calling 1-800-DIABETES, or texting Type2 to 69866 to learn more about the program in English or Tipo2 to 69866 to learn more about the program in Spanish.

Topics and resources include:

- Food, nutrition and recipes
- Stress and emotions (see infographic below)
- Physical activity
- Complications
- Peer support online and via phone
- Support from the Association's local office
- Support from the Association's National Call Center
- Opt in text messaging

## Infographics

*June 10, 2014*

[A Snapshot: Diabetes in America](http://www.diabetes.org/diabetes-basics/statistics/cdc-infographic.html) (<http://www.diabetes.org/diabetes-basics/statistics/cdc-infographic.html>) illustrates the new diabetes statistics from the Centers for Disease Control and Prevention.

## Emotional Path of a Type 2 Diabetes Diagnosis (English and Spanish)

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Free Guide to Diabetes and Reproductive Health for Girls  
(<http://www.diabetesforecast.org/2014/09-sep/free-guide-to-diabetes-and.html?loc=morefrom>)

Some Forms of Diabetes Don't Play to Type (<http://www.diabetesforecast.org/2014/05-may/some-forms-of-diabetes-dont.html?loc=morefrom>)

## Connect With Us

Register for diabetes news, research and food & fitness tips.

**Yes, I would like to receive e-mail from the American Diabetes Association.**

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**American Diabetes Association**  
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